miCoach Pacer User Manual

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micoach

1 Welcome to miCoach

miCoach is your personal training solution, designed to help motivate and coach you towards reaching your fitness goals. Whether you're just starting out or training for your third marathon, miCoach combines real-time coaching with an intelligent web application so you make the most of every session.

1.1 miCoach Pacer

Your miCoach Pacer communicates wirelessly with the Heart Rate Monitor and Stride Sensor to record your workout stats. During each workout you can choose to hear elapsed time, calories, heart rate, distance, pace and stride rate. Afterwards, the stats from your miCoach Pacer can be synchronised with the website so you can track improvement.

What's in the box?

1 miCoach Pacer

2 Heart Rate Monitor

3 Textile Transmitter Strap

4 Stride Sensor and Lace Clip

5 USB Cable

6 MP3 Connector Cable

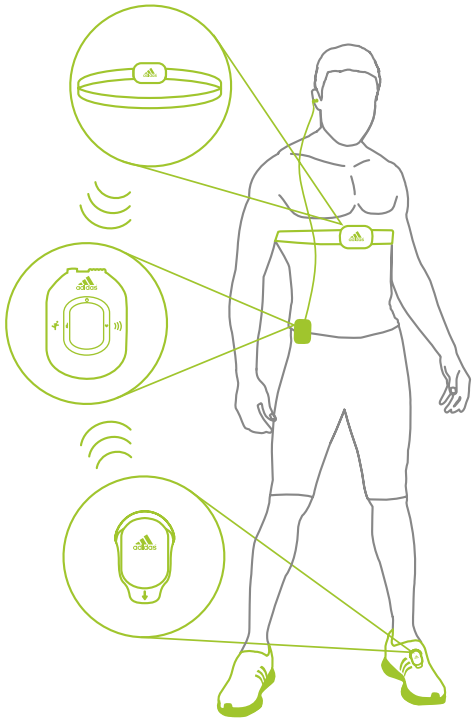
7 Headphone

8 Stride Sensor Battery

1.2 How to wear your miCoach Pacer

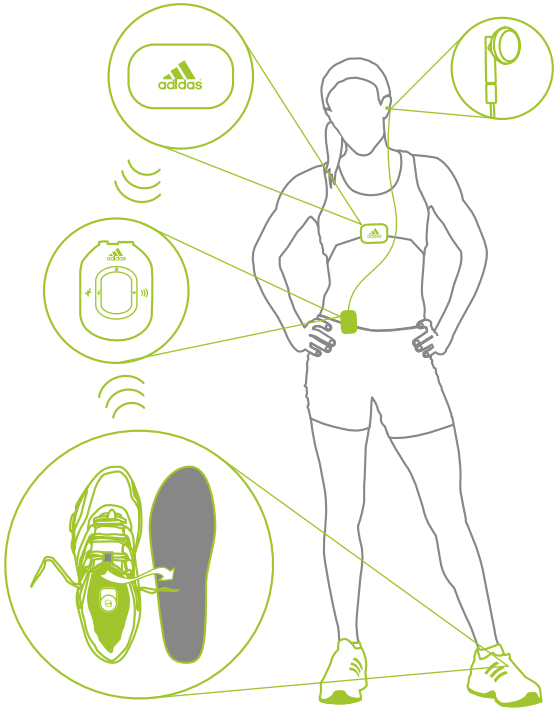
Option A

You can choose how to wear you miCoach Pacer, we advise you to keep you miCoach Pacer and Stride Sensor in front of your body during your workout.



Option B

The Heart Rate Monitor and Stride Sensor can also be worn with adidas heart rate sensing compatible apparel.



1.3 Functions

Buttons

1 Workout selection

2 Start, pause/resume workout

3 Coaching volume

4 Workout information updates

5 Mode switch: off/free/miCoach

6 Reset

Indicators

7 Power

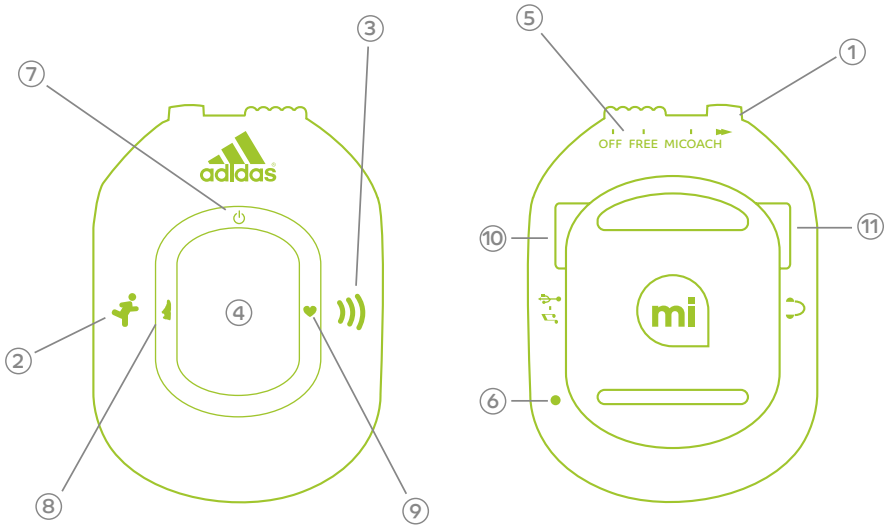
8 Stride Sensor

9 Heart Rate Monitor

Connections

10 USB/MP3

11 Headphone



Usage

1 Workout selection

If in 'miCoach mode', press 'workout selection' to find your preferred workout (synchronised from the miCoach website)

2 Start, pause/resume workout

3 Coaching volume

Controls the coaching volume your miCoach Pacer will output to the headphones using five different volume levels. This will not influence the MP3 player volume.

4 Workout information updates

Gives immediate feedback of selectable performance measurements, (elapsed time, calories, heart rate, distance, pace and stride rate).

5 Mode switch

Switch has three modes of operation: Off/End Workout mode, Free mode and miCoach mode. To end a workout, slide the switch to the 'off' position which automatically saves the workout. During a workout in miCoach mode, the Free Run switch also works as a mute option. Slide back to miCoach mode to unmute.

6 Reset button

Allows miCoach Pacer to recover if unresponsive. No data will be lost during reset (press with a paperclip).

1.4 Indicators

When connected to the PC

Connected

Connected and charging

Charging complete

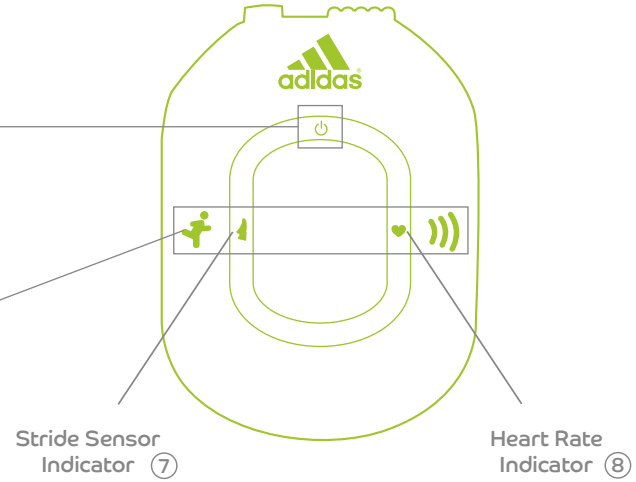
During workout

Connected to respective device

Not currently connected

Searching

Paused

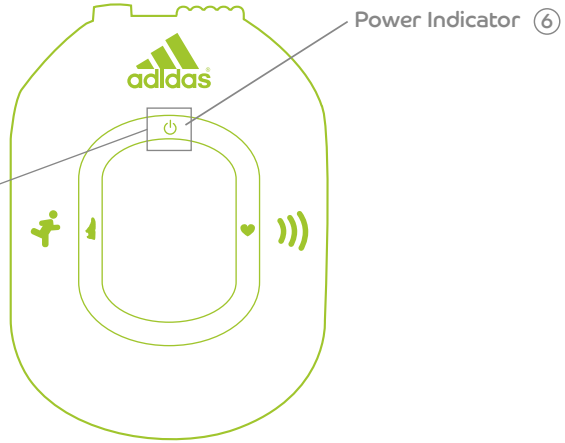


Low battery

Workout is starting
Note: during operation the power light will blink

After the workout

The indicators will come back on if any button is pressed or if a special condition (low battery or lost sensor) occurs.



1.5 Heart rate zones

miCoach defines ranges of heart rates as zones. miCoach gives each training zone a colour and by using these colours to guide your workout, it's easy for you to always train at the right intensity.

Your miCoach Pacer will give you real time coaching narration, guiding you through the zones during your workout.

Red Zone	Maximum effort boosts your power and speed
Yellow Zone	Hard effort improves your cardio strength
Green Zone	Medium effort extends your endurance and optimally burns calories
Blue Zone	Easy effort builds your aerobic base and improves recovery

2 miCoach.com

The miCoach website is key to managing your miCoach Pacer, as well as seeing results, getting feedback, and improving as an athlete. This section will focus on managing your miCoach Pacer from the web.

Most important:

- Your miCoach Pacer is configured entirely from the web ‘Settings’ area
- You must download the miCoach Manager software to sync your miCoach Pacer to your web account
- You can see what workouts are currently on your miCoach Pacer by visiting the ‘My Pacer’ tool to the left of your schedule
- Change your upcoming workouts from the ‘My Pacer’ tool to the left of your schedule

For general web features, tips, and information, please see the ‘Website’ section within the online Help.

2.1 Setting up your miCoach Pacer

1 Register at adidas.com/micoach

2 Go to ‘Settings’, select ‘Gear Settings’ and add your miCoach Pacer. Please configure your miCoach Pacer. This is very important!

Settings available for configuration:

a. Workout distribution:

Your miCoach Pacer stores up to 15 miCoach workouts. The Pacer will sync the 15 workouts automatically, but you need to specify which type of workouts you prefer.

Select the distribution:

- 10 Scheduled Workouts and 5 Favourite Workouts (default)
- 15 Scheduled Workouts
- 15 Favourite Workouts

With Scheduled Workouts, the miCoach Pacer automatically loads upcoming workouts (plan or custom) that are on your schedule.

With Favourite Workouts, the miCoach Pacer stores these special workouts independent of your schedule. Favourite Workouts are available for use at anytime, and stay on your miCoach Pacer until you remove them. Favourite Workouts are managed in your schedule.

b. Narration language: Choose the language and voice you want to hear during your workouts. The miCoach Pacer defaults to English.

c. Accessories: Select the accessories (Heart Rate Monitor and Stride Sensor) that you typically use. Your miCoach Pacer will search for the selected accessories at the beginning of every workout.

d. Update announcements: Select which stats you would like to hear announced when you press the ‘workout update’ button on your miCoach Pacer during your workout.

e. Download the miCoach Manager software: to sync your settings and workouts to your miCoach Pacer.

3 Choose a training plan or create and schedule your own custom workout.

2.2 miCoach mode workouts

miCoach mode hosts workouts that deliver coaching before, during and after your workout. miCoach workouts come in various types and are all set up by you online. Depending on your setting, these workouts sync from your schedule or from your list of Favourite Workouts.
Read more about miCoach workouts in the online Help section.

miCoach mode workout types:

Plan Workouts

Workouts contained within a miCoach training plan have a specific coaching purpose, exist on a schedule, and are designed to progress you towards your goal. To use workouts from a training plan, you will need to set your 'Workout Distribution' in 'Gear Settings' to accommodate Scheduled Workouts.

- Designed by miCoach
- Contained within a miCoach training plan
- Include pre-workout coaching notes
- Are always scheduled
- Include post-workout coaching feedback

Custom Workouts

Want to go your own way? Use the Custom Workouts tool (in the 'Schedule' section) to create a workout based on time, distance, pace or calories. Your training method is up to you: running, walking, gym-based cardio or just about any other type of fitness activity.

- Self-designed or chosen from a set of pre-defined miCoach workouts
- May be scheduled or unscheduled
- Include post-workout coaching feedback (if pre-defined miCoach workout)

Assessment Workouts

- Designed by miCoach
- Special type of custom workout
- Personalises and updates your training zones
- Includes pre-workout coaching notes
- Includes post-workout coaching feedback

Assessment Workouts

miCoach interprets data from your Assessment Workout to update your heart rate training zones. This helps ensure that miCoach is personalised to you, providing you with accurate data, results and recommendations. It's always a good idea to do an Assessment Workout, whether you train with a miCoach plan or not.

The Assessment Workout is a 12-minute training session in which you're coached by audio instructions. You'll start with a walk and slowly transition to higher levels of effort, then you'll cool down with a 2-minute walk. The efforts are described on a scale of 1 to 10, where 3 out of 10 is a walk and 9 out of 10 is considered your top speed.

The Assessment Workout appears in Custom Workouts and can be dragged over to your schedule or be saved as a favourite. Sync your miCoach Pacer and you're ready to go.

Favourite Workouts

For miCoach Pacer only, Favourite Workouts are a special designation of Plan or Custom Workouts that are stored for recurrent use. As the name implies, you like to have frequent access to them outside of your training schedule because they are your favourites! You may designate a workout (either from a training plan or one you created as a Custom Workout) as a Favourite Workout in two ways:

1. Drag the workout from your schedule over to your 'My Pacer' palette to the left of your schedule. When you 'drop' it in this area, miCoach will rename it to the name you will hear announced on the Pacer. This workout will also be copied and will exist above as a Custom Workout too.
2. If it is a Custom Workout, click the star icon from the Custom Workout tool area to the left of your schedule. The workout will appear down below in the 'My Pacer' area, as a Favourite Workout.

When you are ready to run a Favourite Workout, you'll press the workout selection button until you hear your workout announced. If your Pacer is configured to hold both Scheduled and Favourite Workouts (the default), the Favourite Workouts exist at the end of the list. You will hear miCoach announce the Scheduled Workouts first. If, however, you run a Favourite Workout, the next time you turn on the Pacer you will hear miCoach announce the Favourite Workouts first.

Synchronising with your miCoach account

Make sure your miCoach Pacer is 'off' and your headphone is not connected.

Connect the miCoach Pacer to your computer via the USB cable. Your settings and Scheduled Workouts will automatically synchronise.

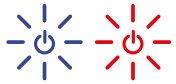
If you do not set up your workouts now, you won't receive any audible coaching.

3 Getting started

3.1 Charging your miCoach Pacer

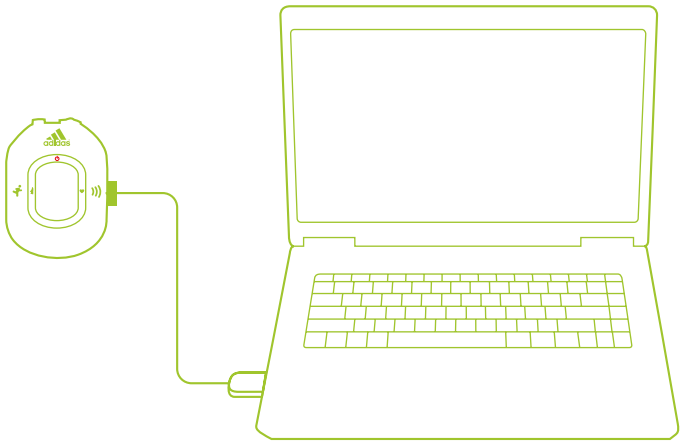
Make sure your miCoach Pacer is switched to ‘off’ and the headphone is not connected. Fully charge your miCoach Pacer battery by connecting to your computer via the USB cable. Your fully-charged miCoach Pacer will record approximately ten hours of active workout time. Your miCoach Pacer will tell you when your battery is running low.

Initial charge takes approximately two hours.



Charging

Charging complete
Green light flashes intermittently to indicate the device is running.



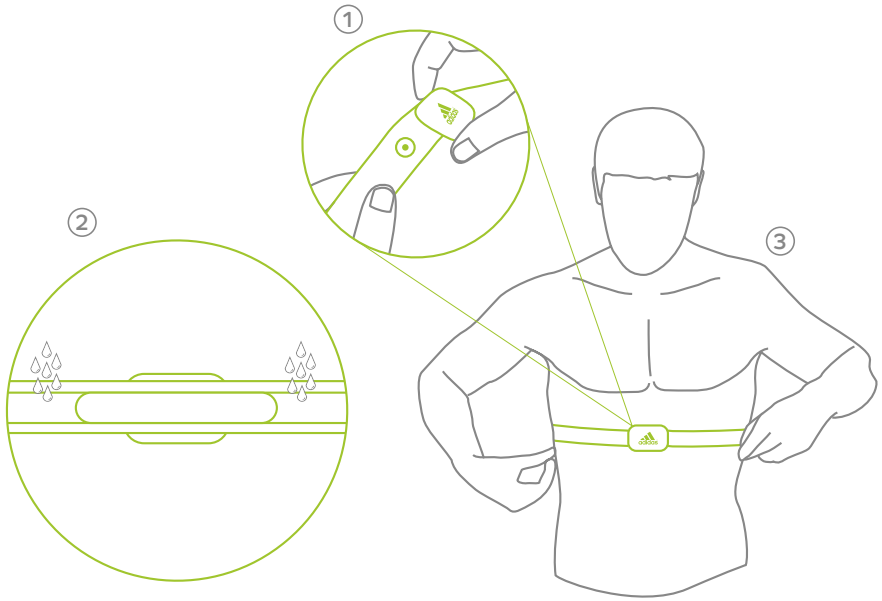
3.2 Fitting the Heart Rate Monitor

1 Clip the Heart Rate Monitor to the Textile Transmitter Strap.

2 Wet the sensors located on the Textile Transmitter Strap.

3 Wear the Heart Rate Monitor under your shirt or bra, with the Textile Transmitter Strap sitting snug against your skin.

Please note: The Heart Rate Monitor and Textile Transmitter Strap needs to be properly fitted on your body to enable the miCoach Pacer to receive heart rate data from the Heart Rate Monitor.



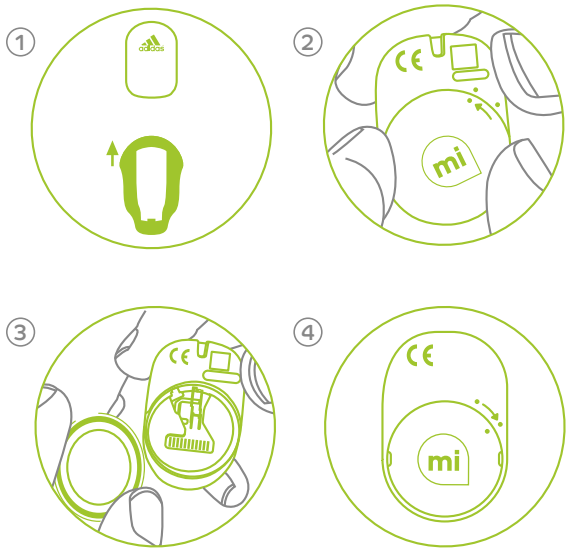
3.3 Inserting the Stride Sensor battery

1 Remove the Stride Sensor from the Lace Clip

2 Remove the back cover of the Stride Sensor

3 Place the battery into the cove and place the cover with the battery back into the Stride Sensor

4 Close the Stride Sensor



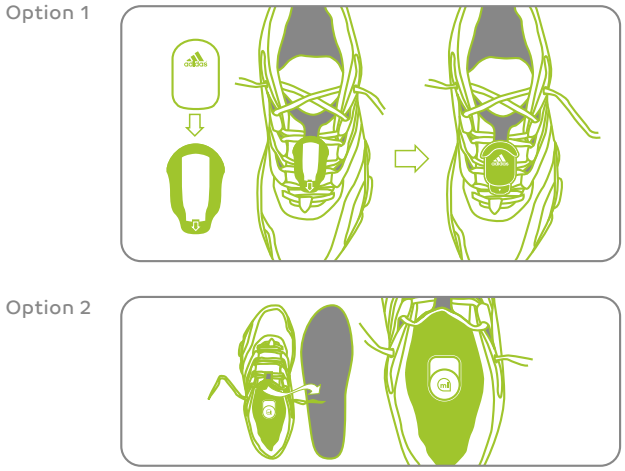
3.4 Attaching the Stride Sensor

Option 1:

Place Lace Clip under shoelaces and attach the Stride Sensor on top by pressing the Stride Sensor firmly into place. The adidas logo must face up when attached to the laces.

Option 2:

If you have miCoach compatible shoes, remove the Lace Clip and place the Stride Sensor module (without clip) in the midsole cavity, after removing the insole. The adidas logo must face down when inserted in the midsole cavity.



4 Working out with miCoach Pacer

4.1 miCoach mode

miCoach mode allows real-time audible coaching during your workout. miCoach workouts (within a training plan or custom workouts) are available on the miCoach website and are synchronised to your miCoach Pacer via the miCoach Manager software. Once these workouts are on the miCoach Pacer, simply set the device to 'miCoach' and start your workout.

1 Select miCoach mode

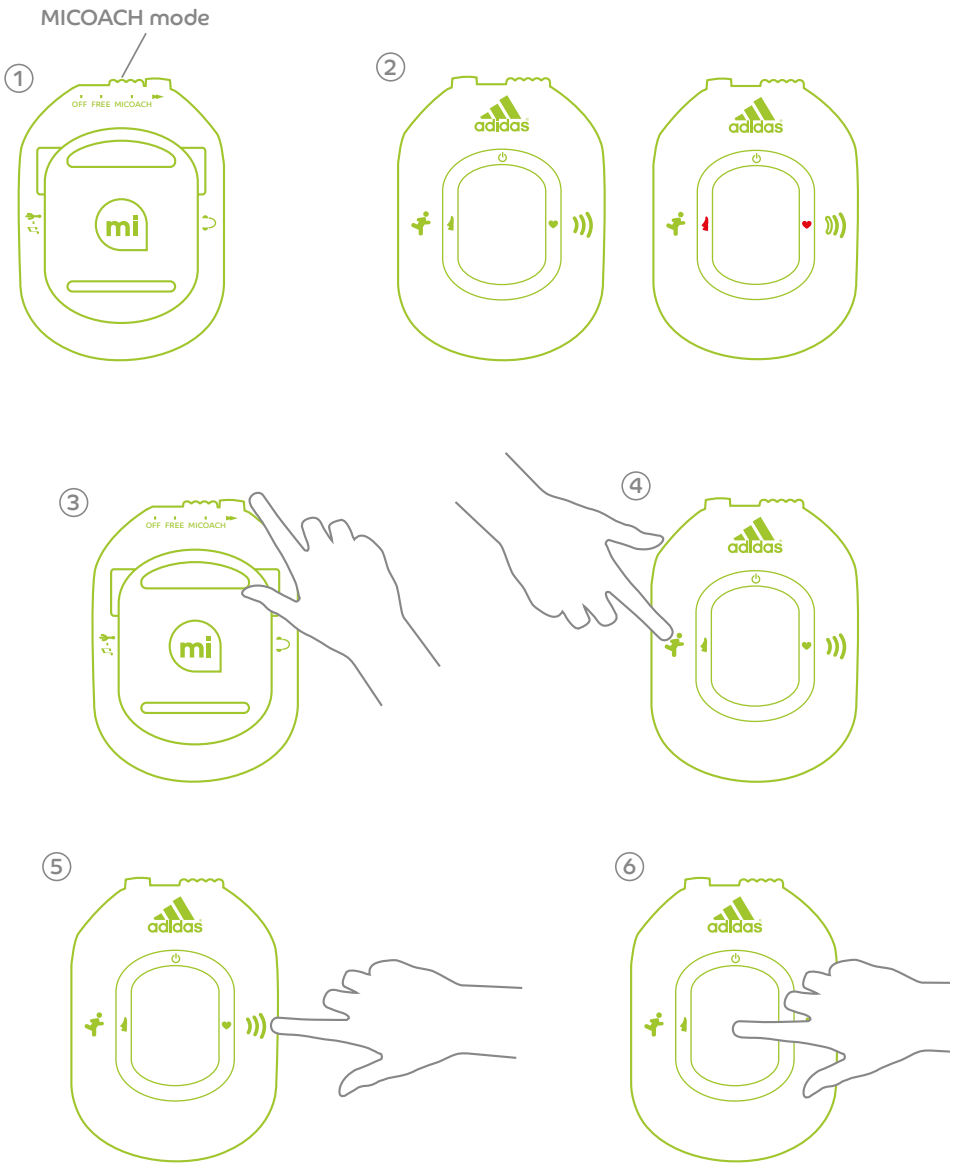
2 Sensor lights alight and flash red while searching for the Heart Rate Monitor and Stride Sensor. The lights turn green when sensor is found.If sensors are not found, press the centre button to search again.

3 Press 'Workout selection' button to find desired workout. Audio description of each workout will play.

4 Hit the 'start' button to begin workout. Coaching voice will say "begin Workout" and the power light will flash. Start your workout and your data will be recorded automatically.

5 During the workout, adjust the volume by pressing the volume button. Slide Mode switch to 'free mode' to mute the pacer if desired. Pause and resume the workout by pressing the 'start' button.

6 During the workout press the centre button for the workout statistics (Individualised statistics can be determined by configuring the Pacer at the micoach.com/settings). Slide the mode switch to 'off' to save data and end your workout.



4.2 Free mode

Free mode allows you to quickly start a workout without real-time coaching. Simply set the miCoach Pacer to ‘Free’ and start the workout. If you are wearing the Heart Rate Monitor and Stride Sensor, the miCoach Pacer records time, calories, distance, heart rate, pace, and stride rate. This mode provides workout feedback only, no audible coaching.

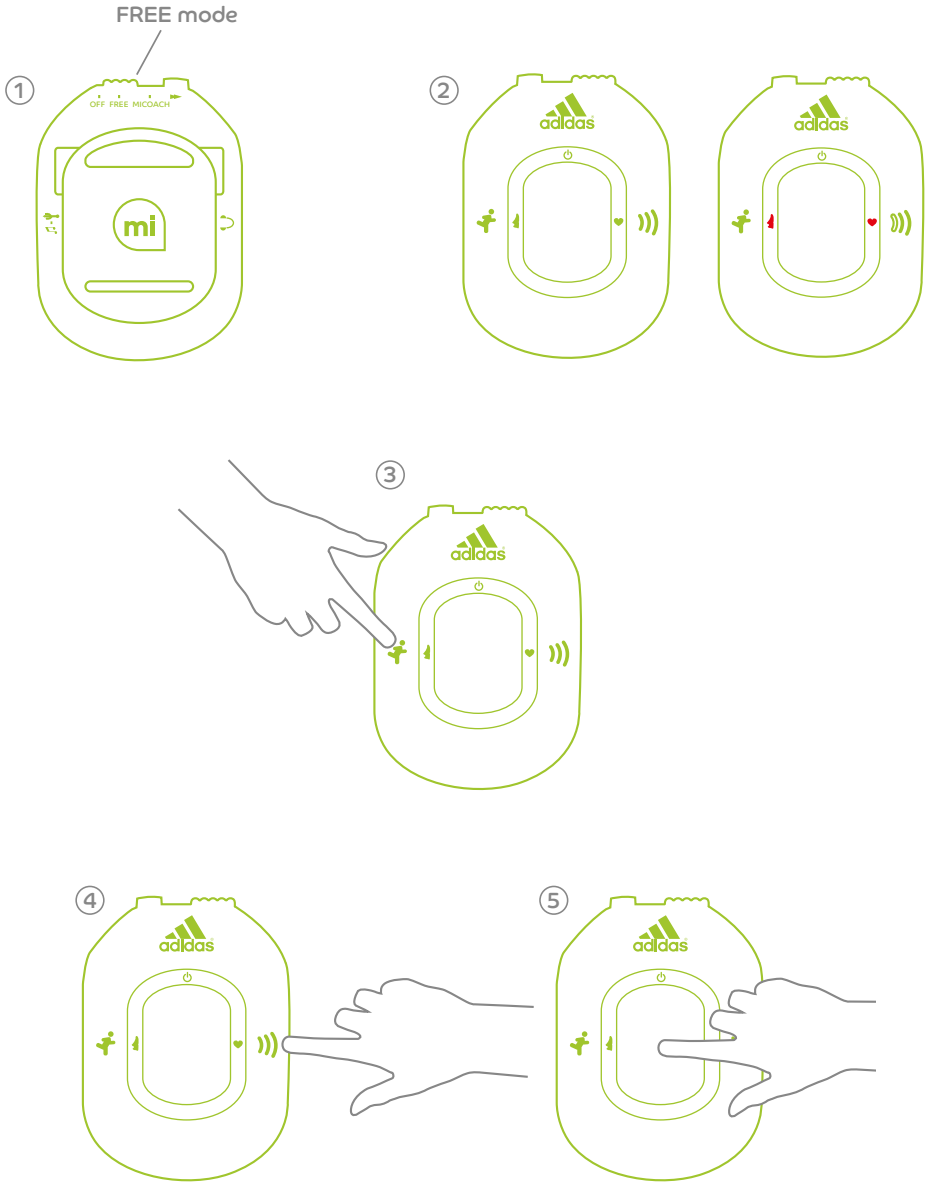
1 Select Free mode.

2 Sensor lights flash red while searching for the Heart Rate Monitor and Stride Sensor. The lights turn green when a sensor is found. If sensors are not found, press the centre button to search again.

3 Hit the ‘start’ button to begin workout. Coaching voice will say “begin workout” and the power light will illuminate green. Start your workout and your data will be recorded automatically.

4 During the workout:
- Adjust the volume by pressing the volume button
- Pause and resume the workout by pressing the ‘start’ button

5 During the workout:
- Press the centre button for workout statistics (individualised statistics can be determined by configuring your Pacer at miCoach.com/settings)
- Slide Mode switch to ‘off’ to end your workout



4.3 Smart off

Once you have finished your workout, slide the On/Off button to the Off position, this will end your workout.

Ending the workout always saves the data, gives audio confirmation, and shuts off your Pacer:

"Workout complete. Good job."

"Workout Summary:

Calories

Distance

Time

"Workout saved. Goodbye."

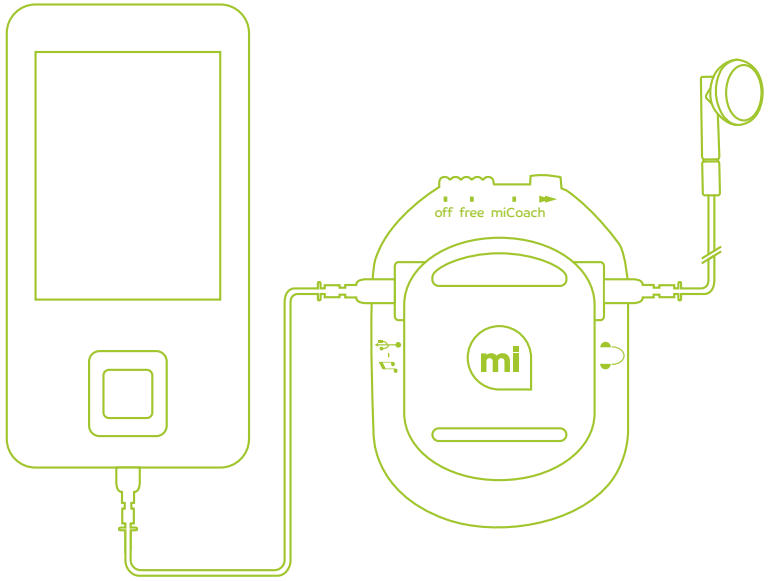
5 Running with music

If you like working out with music, miCoach Pacer works in conjunction with any MP3 player. miCoach Pacer connects to your MP3 player via the MP3 connection cable. During a workout, the MP3 player is controlled independently to play your choice of songs or content desired. The coaching narration briefly interrupts the MP3 stream to deliver advice.

1 Connect your MP3 player to miCoach Pacer.

2 Connect the headphone (or your preferred headphones) to miCoach Pacer.

3 Music volume and track selection are controlled by your MP3 player.



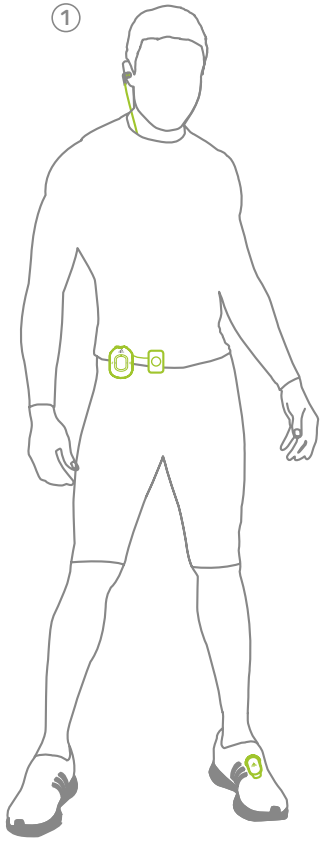
How to wear the miCoach Pacer with your MP3 player

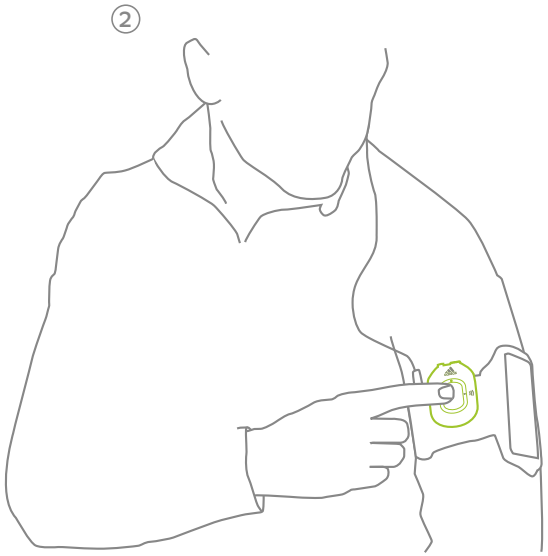
You can choose how you want to wear your miCoach Pacer – we advise you keep your miCoach Pacer, Stride Sensor and MP3 player in front of your body.

Option 1:
miCoach Pacer clipped to your pocket, headphones under shirt, with the MP3 player clipped next to your miCoach Pacer.

Option 2:
The MP3 player and miCoach Pacer on your armband.

Note: An armband is not supplied with the miCoach Pacer. Additional length MP3 / audio connector cables are available from most electronic stores. You can of course use your own headphones as well, the miCoach Pacer fits a standard 3.5mm audio jack.





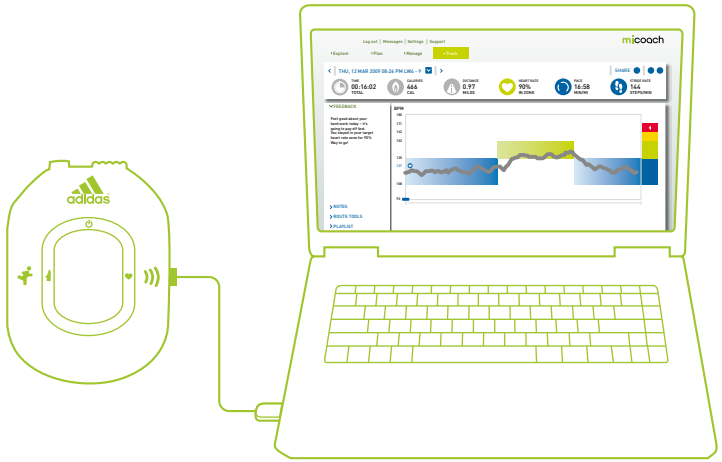
6 After your workout

6.1 Synchronising your miCoach Pacer

Make sure your miCoach Pacer is ‘off’ and your headphone is not connected.

- Connect your miCoach Pacer to your computer via the USB cable
- Your miCoach Pacer will start to recharge automatically
- Sync your workout to the website using miCoach Manager
- Log onto adidas.com/micoach to see your results and track progress

You don’t have to sync your miCoach Pacer after each workout. Your miCoach Pacer can hold 40 saved workout files and around 32 hours of workout data.



6.2 Track your progress

After you sync, log on to adidas.com/miCoach to see results, get feedback, and share progress. For great tips and further information on the miCoach website, please visit the ‘Website’ section within the online Help section.

Disclaimer for uploaded data

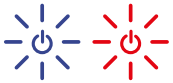
Since you are able to upload certain data and information to the internet, such as heart rates and workout details, we kindly ask you to take notice of the following:

All data and information uploaded to the internet by the customer in connection with the usage of miCoach, may be visible to and usable by the public. Third parties might take notice, share, publish, copy, transmit or use the uploaded data and information otherwise.

Please note:
In this regard, adidas is not liable under any circumstances for the data and information uploaded. The customer grants access to his/her data at his/her own risk. adidas assumes no responsibility for the loss, misuse or any uncontrolled circulation of the uploaded data.

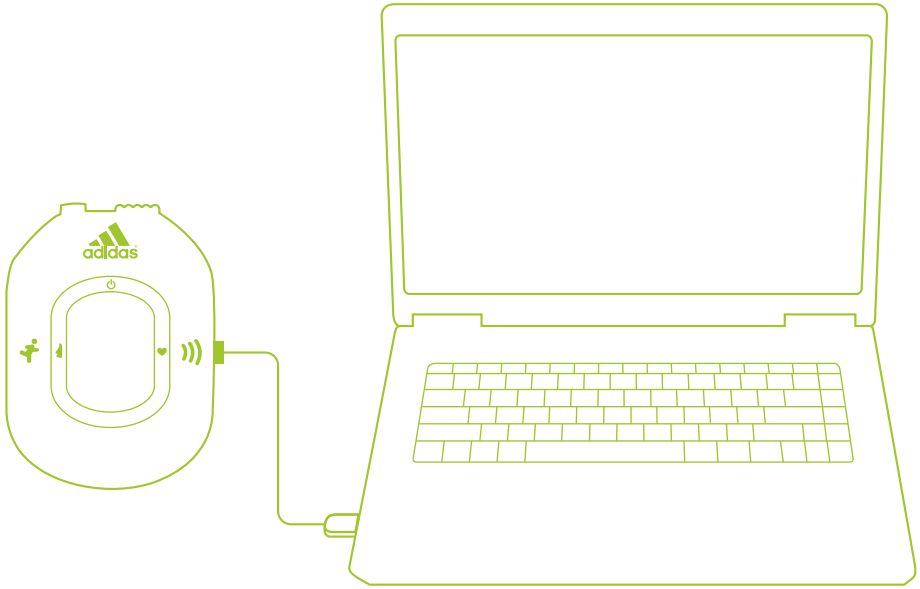
6.3 Recharging

- Make sure your miCoach Pacer is switched to ‘off’ and the headphone is not connected. Fully charge your miCoach Pacer battery by connecting to your computer via the USB cable
- Your miCoach Pacer will take approximately 2 hours to recharge fully
- Your fully charged miCoach Pacer allows approximately 10 hours of active data logging before needing to be recharged.
- Your miCoach Pacer will tell you when your battery is running low. The Power indicator will turn red and an audible notification will be given during your workout or when the miCoach Pacer is first turned on. The notification will repeat a few times during the workout before the Pacer automatically shuts down to avoid any data loss. After automatic shutdown, the Pacer will only turn on again after it has been charged.
- Low Stride Sensor or Heart Rate Monitor battery level will be advised on adidas.com/miCoach after you synchronise your miCoach pacer



Charging

Charging complete



7 Calibration and Pairing

7.1 Stride Sensor calibration

If you notice inaccurate distance measurement, you may calibrate miCoach Pacer's distance calculation of data captured from your Stride Sensor on the miCoach website. When looking at your workout results, click on 'edit' next to the 'Distance' icon.

Steps to calibrate:

1 Go to the 'Workout Details' graph of a run you completed with your miCoach Pacer. The run must be at least 400m in distance and the miCoach Pacer distance data must be uninterrupted. We advise you use a known distance or a running track to measure your distance.

2 Click on 'Edit' next to the 'Distance' icon. If the workout meets the criteria, you will then see a calibration option.

3 Enter the correct distance and click 'Save Calibrate'.

4 Synchronise your miCoach Pacer device and the Stride Sensor. They become calibrated for future workouts (previous workouts will not be updated).

7.2 Pairing the Stride Sensor and Heart Rate Monitor to your miCoach Pacer

If you have purchased the Heart Rate Monitor and the Stride Sensor as part of the miCoach Pacer, the devices have already been paired to work together with your miCoach Pacer.

If you purchase a new Heart Rate Monitor or Stride Sensor, the devices have to be activated and introduced to the miCoach Pacer. This is called pairing. Pairing ensures that your miCoach Pacer receives signals from your Heart Rate Monitor and Stride Sensor, and enables disturbance-free exercise in a group.

Make sure you are not within (40m) of other ANT+ compatible devices, as this could affect pairing.

1 Put on the Heart Rate Monitor and the Stride Sensor. In case the Stride Sensor is not detected move your foot around and try to connect again.

2 Press and hold the ‘Running’ icon.

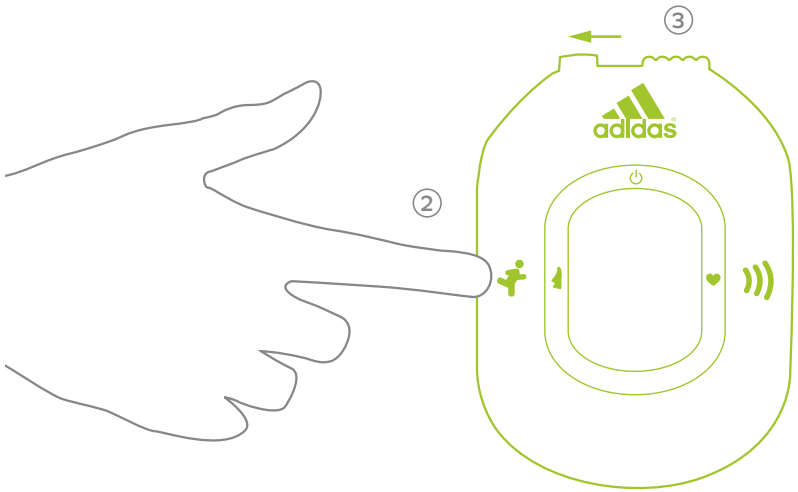
3 Move the ‘on’ switch to miCoach.

4 Continue to hold ‘Running’ icon button for approximately five seconds.

5 The Power icon will flash red and green to let you know it is in pairing mode. You can now release the Running icon.

6 You will hear “Welcome to miCoach, pairing sensors”. The sensor icons will flash red while the pacer is searching for new sensors and turn green once each one is found.

Please note: If the battery is replaced in the Heart Rate Monitor or Stride Sensor then there is no need to pair with the miCoach Pacer.



8 System requirements

An internet connection is required to synchronise data.

Hardware / Machine

Processor speed: 600MHz or faster

Disk space: 100MB of free hard disk space

RAM: 256MB

USB Port: 1.1 or 2

Web Browsers

Microsoft Internet Explorer 6.0 or later

Firefox 2.x or later

Safari 3.x or later

Operating Systems

Microsoft Windows XP (SP2 or later)

Microsoft Windows Vista®

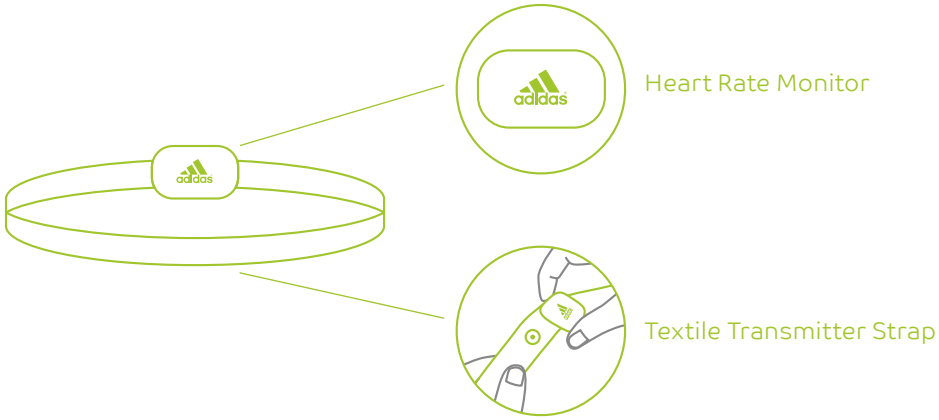
Mac OS X v10.4.x or later – Java Runtime Environment 1.5 required which is obtainable through software update

Mac OS X v10.5.x or later

9 Accessories

9.1 Heart Rate Monitor and Textile Transmitter Strap

The Heart Rate Monitor delivers accurate heart rate data during your workouts. The Heart Rate Monitor works in connection with the Textile Transmitter Strap or miCoach compatible adidas heart rate sensing apparel.



Fitting

The Heart Rate Monitor is in a standby mode and is activated by applying stimulation to the electrodes. The correct position for the Textile Transmitter Strap is just below the pectoral muscles or breasts on the torso, against the skin.

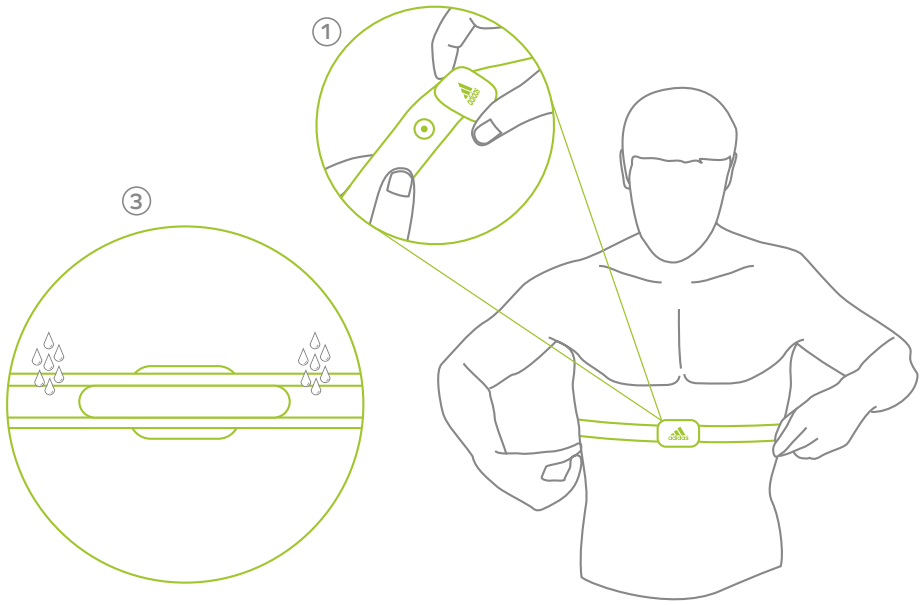
The electrodes should be roughly centred on the chest, and the L and R indicators on the back of the module must be oriented on the left and right side of the body, respectively.

1 Connect the Heart Rate Monitor module to the two strap snaps.

2 Adjust strap for a snug fit around the torso.

3 Wet each of the electrodes on the back of the strap. Do not wet the area in between the electrodes, or on the back of the module.

4 Turn on your miCoach Pacer and bring it within range of the Heart Rate Monitor.



Care instructions

1 Un-snap the Heart Rate Monitor from the Textile Transmitter strap. Failure to do so may result in corrosion of the connectors and deteriorated performance of the Heart Rate Monitor.

2 Store the Heart Rate Monitor and Textile Transmitter Strap in a dry place. If the Heart Rate Monitor or the Textile Transmitter Strap comes into contact with a damp surface such as a towel, it may remain activated and run down the battery.

3 Rinse the strap under clean water to prolong the life of the strap and ensure best performance. Hang to dry.

4 Hand wash only, do not iron, wring, dry clean or tumble dry the Textile Transmitter Strap.

Linking to fitness equipment

Where the ANT+™ 'Link Here' logo is displayed on leading fitness equipment, you will be able to 'link' the ANT+ Heart Rate Monitor to the equipment console and view heart rate in real time.

1 Put on the Heart Rate Monitor.

2 Lean in toward the ANT+ Fitness Equipment, bringing the monitor within 15-30cm of the 'Link Here' logo for 3-4 seconds.

3 Start the exercise session and your heart rate will be displayed on the fitness equipment console.

Battery replacement

1 Place the Heart Rate Monitor on a flat and clean surface. You will need a small Phillips head screwdriver (crosstip) to remove the four screws on the back of the Heart Rate Monitor.

2 Remove the four screws and carefully lift the back casing.

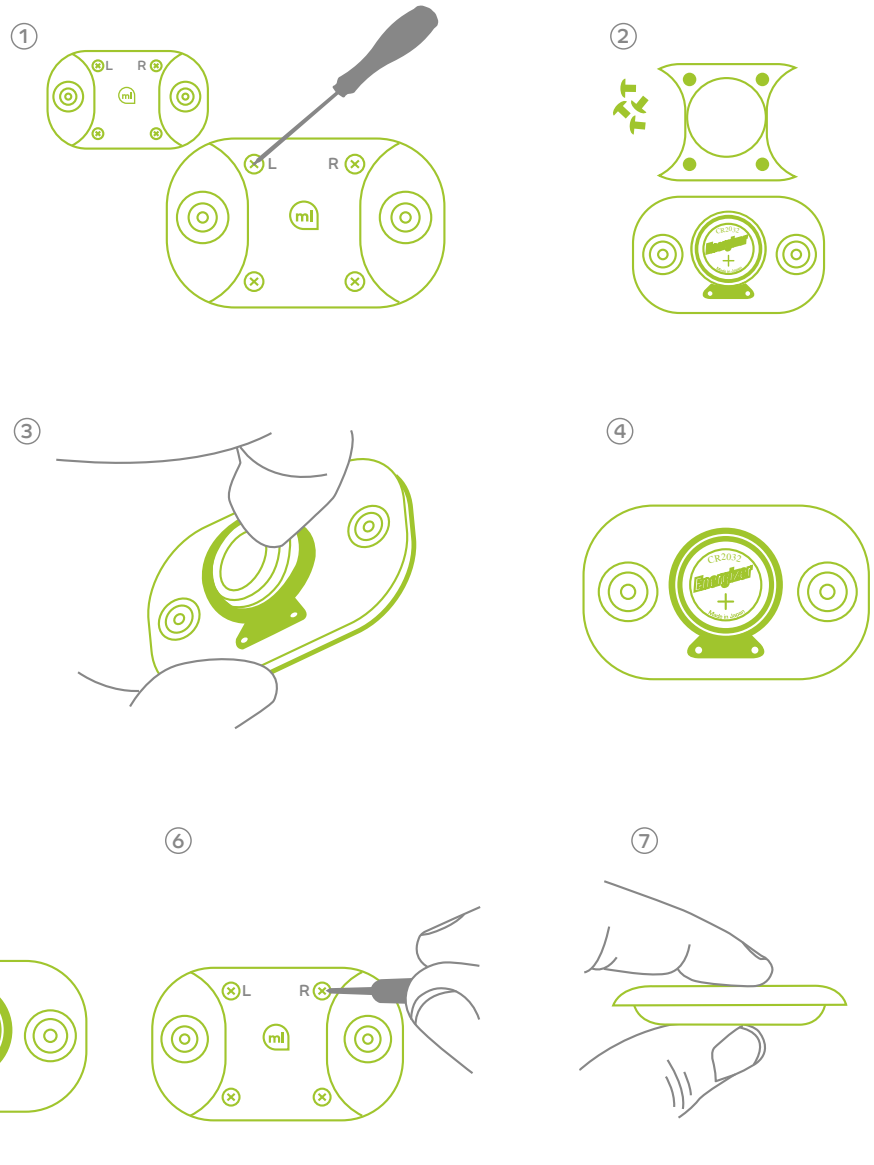
3 Remove the old battery. Wait one minute before inserting the new battery.

4 Insert the new CR2032 battery, ensuring the + sign on the battery is facing towards you.

5 Replace the back casing ensuring that the L and R indicators are correctly aligned, as shown to the right.

6 Replace the four screws. Make sure you do not over-tighten the screws.

7 Check if the back and front casings are aligned. If they are not aligned properly, you will need to tighten the screws and recheck.



9.2 Stride Sensor

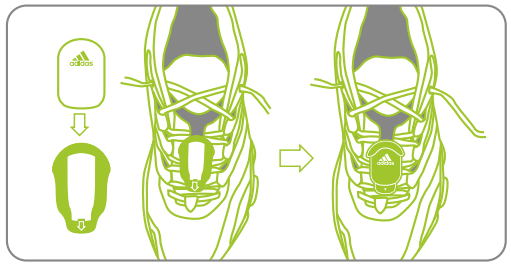
The Stride Sensor delivers accurate speed, distance, pace and stride rate data during workouts.

Fitting

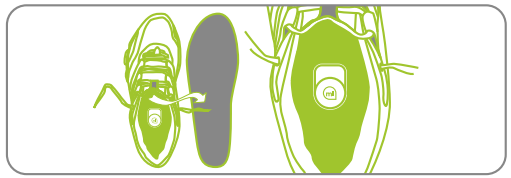
Option 1:
Place Lace Clip under shoe laces and attach Stride Sensor on top, by pressing firmly into place.

Option 2:
If you have miCoach compatible shoes, remove the Lace Clip and place the Stride Sensor in the midsole cavity.

Option 1



Option 2



Battery replacement

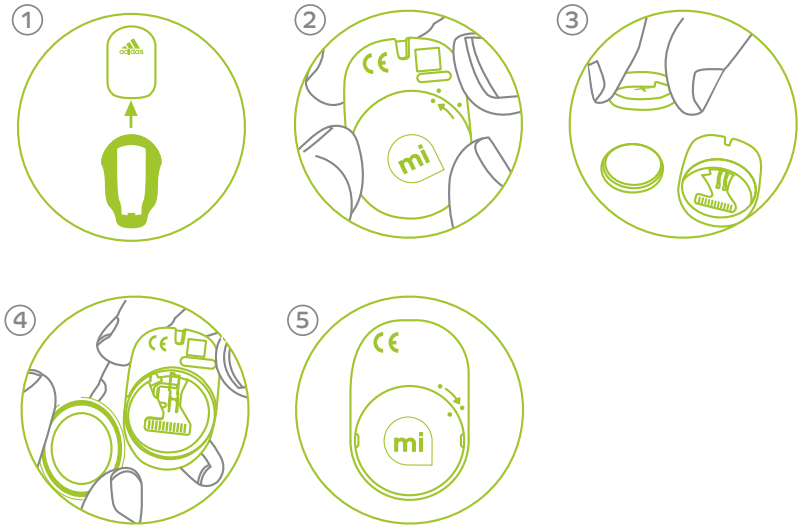
1 Remove the Stride Sensor from Lace Clip.

2 Remove the back cover of the Stride Sensor.

3 Remove the old battery by gently tapping against a hard surface and replace with a new battery.

4 Place the cover with the battery back into the Stride Sensor.

5 Close the Stride Sensor.



Care and maintenance

The Stride Sensor is splashproof and can be used outdoors. However, take care not to submerge the Stride Sensor and do not use the Stride Sensor inside a very wet shoe.

10 Specifications

10.1 Technical data

miCoach Pacer

Size:	56mm x 41mm x 16.75mm
Weight:	22.9g
Attachment method:	Clips to workout apparel or MP3 holder, via clip on back of unit
Audio interface:	3.5mm jack
Power:	Rechargeable 125mAh lithium polymer battery
Battery life:	10 hours
Recharge time via USB:	2 hours
Sensor communication link:	ANT+
RF frequency:	2.4GHz
Sensor range:	< 2.5 m
PC connection:	1/8" TRS to USB series 'A' connection (cord included)
Operating temperature:	-15 to 40° C

Heart Rate Monitor

Size:	63mm x 38mm x 10.5mm
Weight:	19.5g (no strap)
Power:	User-replaceable CR2032 lithium battery
Battery life:	1,000 hours active life (2.8 years at 1 hr/day usage at 20°C)
Communication link:	ANT+
Operating temperature:	0 to 40° C
RF frequency:	2.4 GHz
Communication range:	< 2.5m
Water resistance:	1m
Measuring range:	15 to 240 bpm

Stride Sensor

In-shoe size:	34mm x 23mm x 8mm
In-shoe weight:	8g (including battery)
Size with Shoe Clip:	45mm x 29mm x 13mm
Total weight with Shoe Clip:	9g (including battery)
Stride Sensor attachment method:	Attached to shoe using one-piece clip or placed in the midsole cavity of adidas compatible footwear
Speed range:	3.6 km/hr to 19.8 km/hr
Power:	User-replaceable CR2032 lithium battery
Battery life:	>5 months (at 20oC) extreme cold can affect battery life
Operating temperature:	0° to 40°C
Communication link:	ANT+
RF frequency:	2.4 GHz
Communication range:	< 2.5m
Sensor technology:	DYNASTREAM. TECHNOLOGY
Calibrated speed/dist accuracy:	Run 97%
Uncalibrated speed/dist accuracy:	Run 95%

The Heart Rate Monitor and the stride sensor are compatible with any fitness equipment that displays the ANT+ 'Link Here' logo LINK HERE ANT+

10.2 Trademark and copyright

© 2009 adidas AG. adidas and the 3-Stripes mark are registered trademarks of the adidas Group.

10.3 Regulatory compliance

This product is compliant with Directives 2004/108/EC on Electromagnetic Compatibility 2006/95/EC on Low Voltage Directive. The relevant Declaration of Conformity is available at www.adidas.com/micoach

Statement regarding the disposal of miCoach products containing electronic components:

As a company, adidas is committed to sustainable business practices, which are aimed to preserve, protect and improve the quality of the environment. We apply these to product technologies, design and the selection of the materials used in our products. Adhering to corresponding environmental laws, directives and guidelines a core element of our sustainability principles. Since the miCoach concept is equipped with electronic components, we will ensure that it complies with actual or planned directives and laws, which are mandatory for electronic products and may require specific measures regarding labeling, collection and recycling.

Note: If not disposed of properly, batteries can be harmful. Protect the environment by taking exhausted batteries to authorised disposal stations.

FCC regulatory information

Note: This equipment has been tested and found to comply with the limits for a Class B digital device pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one of the following measures:

- Reorient or relocate the receiving antenna
- Increase the separation between the equipment and receiver
- Connect the equipment to an outlet on a circuit different from that to which the receiver is connected
- Consult the dealer or an experienced radio/TV technician for help

This device complies with part 15 of the FCC Rules. The operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) This device must accept any interference received, including interference that may cause undesired operation.

CAUTION: Unauthorised repair or modification may result in permanent damage to the equipment and/or lead to possible health risks. Furthermore, by doing so you will void your warranty and your authority to operate this device under Part 15 regulations.

10.4 Medical disclaimer

Important information on your workouts with miCoach

The advice and workout plans prepared by qualified, responsible coaches are based on the latest scientific and technical research. However, they do not constitute a medical consultation and cannot replace medical advice.

Before you start working out, you should get a medical checkup. Please be aware that any communication with miCoach occurs exclusively over the internet, and that we are not completely familiar with your individual physical characteristics and health. Also, any information you provide may not fully reflect the state of your health.

It is therefore important that you warm up and stretch before each workout, and that you use common sense while running: do not go over the top when exercising! If you experience any pain, feel weak, dizzy or exhausted or become short of breath, immediately stop your workout. When you work out, you assume all inherent risks.

Important Information on using earbuds or headphones

Permanent hearing loss may occur if earbuds or headphones are used at high volume. Set the volume to a safe level.

Over time, you can adapt to a higher volume of sound that may sound normal but can be damaging to your hearing.

If you experience ringing in your ears or muffled speech, stop listening and have your hearing checked. The louder the volume, the less time is required before your hearing could be affected. Hearing experts suggest that to protect your hearing:

- Limit the amount of time you use earbuds or headphones at high volume
- Avoid turning up the volume to block out noisy surroundings
- Turn the volume down if you can't hear people speaking near you

10.5 Precautions

Individuals who have a pacemaker, defibrillator or other implanted electronic devices should not use the miCoach devices.

Batteries

Keep batteries away from children. If swallowed, contact a doctor immediately.

A battery should be properly disposed of according to local regulations. If not disposed of properly, batteries can be harmful. Protect the environment by taking exhausted batteries to authorised disposal stations.

Do not expose to high temperatures.

Do not disassemble.

Do not allow metal objects to contact or short-circuit the battery terminals.

Do not incinerate or expose to fire.

CAUTION: Risk of explosion if battery is replaced by an incorrect type.

11 Customer service information

11.1 Warranty

adidas warrants this product, under normal usage, against defects in materials and workmanship to the original final consumer for a period of 1 (“one”) year from the date of purchase.

The warranty card delivered with the product corresponds to and is subject to the detailed Terms and Conditions of the adidas miCoach warranty available at www.adidas.com/miCoach

The warranty is void unless the following conditions are met:

1 Your receipt containing the purchase details must be presented when warranty service is required.

2 The adidas miCoach warranty extends only to products originally purchased from an authorised adidas retailer or from adidas’ own retail.

3 The warranty is void incase of any exclusions or limitations indicated in § 3 of the adidas miCoach warranty.

4 With regard to § 4 of the adidas miCoach warranty, the modalities of how to obtain warranty service must be followed.

Please note:
The warranty card is in addition to and does not imply any loss of statutory rights. Please read § 5 of the adidas micoach warranty for additional information.

11.2 Support

Please check the FAQ online, in the Help section. If you can’t find an answer to your question there, please contact the Customer Support Team. Contact information is available within the Customer Service section, in the Help section online at www.adidas.com/micoach

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DECLARATION OF CONFORMITY

Issued: September 9, 2009-10-09
Revised: -
Page 1 of 1

We, Adidas AG

Declare under our sole responsibility that the products:

PACER1A
ZONE1A

To which this declaration relates, is in conformity with the following standards and/or other normative documents:

ETSI EN 300 328 V1.7.1 : 2006
ETSI EN 301 489-1 V1.8.1: 2008
ETSI EN 301 489-1 V1.3.2: 2008
EN60950-1 : 2006

Application of Council Directive:	1995/5/EC, 2006/95/EC, 2004/108/EC
Manufactured by:	PCA Technology (M) Sdn Bhd
Manufacturerers Address:	12 & 12B Jalan Bayu, Kawasan Perindustrian Hasil, 8 2100 Johor Bahru, Johor, Malaysia
Type of Equipment:	information Technology Equipment (2.4GHz Low Power Receiver Device)

The undersigned does hereby declare that the equipment complies with the above Directives:

S. Drabble

Simon Drabble
Director, Interactive Business Unit
Adidas AG
September 9, 2009

adidas GROUP

DECLARATION OF CONFORMITY

According to FCC part 15 Regulations
(Tested to Comply with FCC Standards)

Responsible Party Name:	adidas AG
Address:	World of sports, Adi-Dassler-Strabe 1, D-91074, Herzogenaurach, Germany
Phone/Fax No:	+49 (0) 9132 84 2687 / +49 (0) 9132 84 5773

Hereby declares that the product

Product Name:	2.4 GHz Low Power Receiver Devices
Model Number:	PACERIA and ZONE 1A

Supplementary Information:
This device complies with part 15 of the FCC rules. Operation is subject to the following two conditions: (1) This Devices may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Representative Person's Name:	Mr Simon Dribble
Designation:	Director, Interactive BU
Signature:	S. Drabble
Date:	28 August 2009

micoach

DYNASTREAM. INNOVATIONS

DECLARATION of CONFORMITY

Issued: July 6, 2009
Revised:
Page: 1 of 1

Application of Council Directive:	73/23/EEC, 1995/5/EC
Standard to which Conformity is Declared: Technology	EN 60950-1-2006 Safety of information Equipment. EN300 440-2 V1.4.1:2001 EMC and radio spectrum matters (ERM); short range devices. EN301 489-3 V1.4.1:2002 EMC and radio spectrum matters (ERM); short range devices.
Manufactured by: Manufacturer's Address:	Dynastream Innovations, Inc. 28 River Avenue Cochrane, AB Canada T4C 1R8
Type of Equipment:	Information Technology Equipment (Low Power Wireless device)
Model Number:	SDM4A

The undersigned does hereby declare that the equipment complies with the above Directives:

Jim Rooney
President
Dynastream Innovations, inc.
Date: July 6 2009

DYNASTREAM. INNOVATIONS

DECLARATION of CONFORMITY

Issued: 07/11/09
Revised:
Page: 1 of 1

Application of Council Directive:	1999/5/Ec
Standard to which Conformity is Declared:	EN 60950-1-2006 Safety of information Technology Equipment EN300 440-2 V1.4.1:2001 EMC and Radio Spectrum Matters (ERM); Short Range devices EN300 489-2 V1.4.1:2002 EMC and Radio Spectrum Matters (ERM); Short Range Devices
Manufactured by: Manufacturers address:	Dynastream Innovations, Inc. 28 River Avenue Cochrane, AB T4C 1R8 Canada
Type of Equipment:	Short Range Data Transmitter
Model Number:	HRM2A

The undersigned does hereby declare that the equipment complies to the above Directives

Jim Rooney
President
Dynastream Innovations, inc.
Date: 11 July 09

228 river avenue, cochrane, alberta, T4C 2C1 403.932.9292 403.932.6521 www.dynastream.com

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